

Energizing Anti-Inflammatory Coffee



Ingredients

- 1 cup of strong quality organic coffee
- 2 tbsp grass-fed butter
- 2 tbsp coconut oil
- 1 tsp ground turmeric

Method

Gently heat the butter and coconut oil on low heat and mix in the turmeric (the powder will best blend if worked in through the fat first). Remove from heat immediately when fats are almost melted (don't overheat).

Brew your coffee and add to the mixture. Using an immersion blender (with a metal end and not plastic) blend the mixture to a frothy, lovely texture. If you don't have an immersion blender, you may use a regular blender but take care with hot liquid.

Enjoy!

Source: Saving the Green



Alternative Health Concepts

<http://www.alternative-health-concepts.com>